



# CARRERA ALTO SIL v 6.4.2

16 Marzo 2014

## Orden De Llegada

### CLASIFICADOS (393)

Pto	Dor	NOMBRE y APELLIDOS	pº CAT	pº sCat.	Local	TIEMPO CLUB	META	Control 1	El Muro	Paramo de Sil	La Campona	La Braña	Pico Negro	
1	42	Zaid AIT MALEK	1	ABM		2:52:40	MEDIA LEGUA BAENA	2:52:40	0:29:28	0:45:44	1:36:18	1:51:49	2:09:08	2:29:07
2	330	Manuel MERILLAS MOLEDO	2	ABM		2:56:39	TEAM MAMMUT	2:56:39	0:31:08	0:49:06	1:36:49	1:53:23	2:11:19	2:30:26
3	113	Raul CAMARA PEREZ	3	ABM		3:00:33	NEW BALANCE TEAM	3:00:33	0:33:02	0:51:24	1:42:01	1:59:01	2:16:55	2:37:36
4	455	Manuel SANCHEZ CAPITAN ARROYO	4	ABM		3:02:26	PENYA MUR I CASTELL_INACTIVO	3:02:26	0:32:58	0:51:01	1:40:54	1:58:17	2:16:02	2:37:04
5	371	Santi OBAYA FERNANDEZ	5	ABM	1 VAM	3:03:27	AVIENTU CENTENO	3:03:27	0:33:10	0:51:03	1:41:50	1:59:29	2:17:33	2:38:22
6	1	Fernando ARCA CASAL	6	ABM	2 VAM	3:04:21	CDM XESTEIRAS	3:04:21	0:33:45	0:51:00	1:43:02	2:00:24	2:18:22	2:39:57
7	279	Ana CONDE CASAL	1	ABF		3:15:58	ZORTXIETAKOAK-GAIKAR	3:15:58	0:35:08	0:53:36	1:46:03	2:05:45	2:25:27	2:47:33
8	383	Saul PADUA	7	ABM	3 VAM	3:16:24	COLOMBIA	3:16:24	0:35:33	0:55:05	1:48:31	2:08:33	2:28:36	2:50:23
9	142	Carlos CHAMORRO GARCIA	8	ABM		3:16:41	CLUB HOCKEY ALCALA	3:16:41	0:35:01	0:53:16	1:46:45	2:06:06	2:26:39	2:50:11
10	2	Jordi FERNANDEZ BOLTA	9	ABM		3:16:52	VIZCARES-LOS CASTRONES	3:16:52	0:32:33	0:50:50	1:45:11	2:04:59	2:25:22	2:47:54
11	343	Ruben MEDIAVILLA VALLINAS	10	ABM		3:17:48	CLUB ATLETISMO FISIORAMA	3:17:48	0:34:24	0:53:19	1:46:23	2:05:49	2:25:20	2:49:30
12	83	Felipe ARTIGUE RODRIGUEZ	11	ABM		3:18:46	SELECCION DE CASTILLA Y LEON	3:18:46	0:35:15	0:54:16	1:50:34	2:08:43	2:28:50	2:51:54
13	262	Ramon GONZALEZ GUTIERREZ	12	ABM	4 VAM	3:20:10	AVIENTU CENTENO	3:20:10	0:34:49	0:53:13	1:49:01	2:08:30	2:28:33	2:53:23
14	300	Mariano LLANEZA ABELLA	13	ABM		3:21:58	G.M. FARIÑENTU	3:21:58	0:35:41	0:54:47	1:51:38	2:11:42	2:32:33	2:55:06
15	95	Oriol BARRERA FERNANDEZ	14	ABM		3:22:16	SALAMANCA RAIDS & TRAILS RUNNE	3:22:16	0:34:46	0:53:33	1:46:20	2:06:04	2:27:01	2:51:46
16	87	Oscar BAEZA LOPEZ	15	ABM		3:23:31	G.M. LA ACEBEDA (SELECC. DE CA	3:23:31	0:36:59	0:57:36	1:53:33	2:14:06	2:35:25	2:53:53
17	21	Leire FERNANDEZ ABETE	2	ABF		3:26:00	INDEPENDIENTE	3:26:00	0:37:26	0:56:22	1:54:09	2:13:09	2:33:39	2:57:36
18	75	Francisco ARCILLA ALLER	16	ABM		3:26:35	INDIVIDUAL	3:26:35	0:34:10	0:53:19	1:51:24	2:12:04	2:33:36	2:58:14
19	278	Felipe IGLESIAS RODRIGUEZ	17	ABM		3:27:38	C.M. LA ESCALERILLA	3:27:38	0:36:05	0:55:14	1:51:40	2:11:47	2:32:51	2:56:21
20	28	Oscar ALVAREZ CALERO	18	ABM		3:29:51	CDM ALTO SIL	3:29:51	0:34:57	0:54:49	1:53:34	2:12:58	2:33:38	2:58:20
21	487	Ivan TORRES MARIN	19	ABM		3:30:03	TIERRA TRAGAME	3:30:03	0:35:47	0:54:42	1:50:47	2:11:08	2:32:30	2:57:03
22	118	David CALLEJA MERINO	20	ABM		3:30:13	TRAIL BIERZO COMARCA	3:30:13	0:37:06	0:56:42	1:54:17	2:14:27	2:35:18	2:59:28
23	135	Fernando CASTELLANOS TORRES	21	ABM		3:31:38	TOVERTICAL	3:31:38	0:36:00	0:55:11	1:54:13	2:14:22	2:35:32	3:02:07
24	328	Luis Enrique MARTINEZ COMESAÑA	22	ABM		3:32:46	CUMBRES GALLEGAS	3:32:46	0:36:28	0:55:20	1:53:50	2:15:21	2:36:53	3:02:29
25	370	Samuel OBAYA FERNANDEZ	23	ABM		3:32:48	AVIENTU CENTENO	3:32:48	0:36:46	0:56:17	1:53:57	2:14:10	2:35:59	3:02:00
26	190	Javier FERNANDEZ PASCUAL	24	ABM		3:33:10	C.D.DE MONTAÑA CUMBRES DE LEON	3:33:10	0:37:30	0:56:38	1:54:08	2:13:22	2:35:14	3:02:12
27	348	Pablo MERINO FUERTES	25	ABM		3:33:14	CUMBRES DE LEON	3:33:14	0:38:49	1:01:26	1:59:47	2:20:14	2:40:44	3:04:28
28	483	Sergio Luis TEJERO MADRIGAL	26	ABM		3:33:20	CLUB ALCARREÑO DE MONTAÑA	3:33:20	0:34:45	0:53:46	1:53:55	2:15:11	2:39:15	3:04:35
29	4	Salvador CALVO REDONDO	27	ABM	1 VBM	3:33:23	TECNICA	3:33:23	0:36:35	0:56:42	1:55:49	2:16:09	2:36:50	3:02:05
30	292	Manuel Alejandro LAGO RIOS	28	ABM	5 VAM	3:33:35	AMIGOS DA MONTANHA	3:33:35	0:40:49	1:00:26	2:01:40	2:21:00	2:41:15	3:06:11
31	471	Ruben SECO FERNANDEZ	29	ABM		3:34:03	BESTARRUZA TRINITY TRAIL	3:34:03	0:36:41	0:56:23	1:57:28	2:18:13	2:40:34	3:07:15
32	384	Saul Antonio PADUA RODRIGUEZ	30	ABM		3:34:07	MONTANE-EXPLORER	3:34:07	0:29:30	0:45:46	1:36:21	1:55:20	2:19:21	2:54:18
33	160	Fernando DESOUSA FERNANDEZ	31	ABM		3:34:18	AD VEGA DE ESPINAREDA	3:34:18	0:35:49	0:55:16	1:55:19	2:16:02	2:37:58	3:04:20
34	115	Manuel CABALLERO MOLINA	32	ABM	6 VAM	3:34:29	ESTRELLA DE GALICIA - LA TRAST	3:34:29	0:38:27	0:58:16	1:57:48	2:17:56	2:39:26	3:06:00



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Pto	Dor	NOMBRE y APELLIDOS	pº CAT	pº sCat.	Local	TIEMPO CLUB	META	Control 1	El Muro	Paramo de Sil	La Campona	La Braña	Pico Negro	
35	430	Rusvell RODRIGUEZ ALONSO	33	ABM		3:34:34	INDIVIDUAL	3:34:34	0:35:10	0:53:57	1:53:52	2:14:18	2:35:21	3:04:36
36	60	Pablo ALVAREZ GONZALEZ	34	ABM		3:35:45	INDIVIDUAL	3:35:45	0:37:54	0:57:29	1:58:44	2:19:52	2:40:39	3:07:26
37	9	Jose Alberto GONZALEZ CARPINTERO	35	ABM	7 VAM	3:36:14	LEON TRAIL	3:36:14	0:40:20	0:59:56	2:00:04	2:20:20	2:40:35	3:06:08
38	62	Sergio ALVAREZ HERRERO	36	ABM		3:38:23	CDM ALTO SIL	3:38:23	0:36:36	0:56:20	1:56:06	2:15:58	2:38:28	3:05:55
39	65	Raul ALVAREZ MARTINEZ	37	ABM		3:41:23	GRUPO TRAIL LEON	3:41:23	0:37:29	0:56:56	1:58:27	2:19:44	2:40:29	3:06:55
40	8	Pablo ALONSO ALVAREZ	38	ABM		3:41:30	CDM ALTO SIL	3:41:30	0:37:53	0:58:53	2:00:11	2:20:11	2:42:22	3:08:57
41	88	Ismael MUÑOZ MUÑOZ	39	ABM		3:42:22	INDEPENDIENTE	3:42:22	0:40:12	1:01:59	2:02:23	2:23:16	2:45:41	3:11:15
42	326	Antonio MARTIN MARTIN	40	ABM		3:42:25	C.D. RUNGOSAY - BANDOLEROS DE	3:42:25	0:40:51	1:01:23	2:01:53	2:23:07	2:44:52	3:11:22
43	274	Alberto HERNANDO TAPIA	41	ABM		3:42:28	SALAMANCA RAIDS & TRAILS RUNNE	3:42:28	0:37:50	0:57:19	1:58:25	2:20:07	2:41:13	3:07:08
44	302	Ignacio LOMBARDEO ANDRES	42	ABM		3:42:37	LAGUEYO	3:42:37	0:39:26	0:59:26	2:01:34	2:22:23	2:44:13	3:12:08
45	449	Esteban RUBIO BAJO	43	ABM		3:42:40	AVIENTU CENTENO_INACTIVO	3:42:40	0:38:42	0:58:50	2:01:38	2:22:49	2:43:47	3:12:06
46	117	David CABRERA DUQUE	44	ABM		3:44:00	A.D. SAMBURIEL	3:44:00	0:39:43	1:00:52	2:01:59	2:23:06	2:44:59	3:12:32
47	196	Mikel FERNANDEZ GAMIZ	45	ABM	8 VAM	3:44:37	INDEPENDIENTE	3:44:37			1:54:10	2:14:01	2:36:59	3:03:37
48	313	Luis Carlos MACIAS PEREZ	46	ABM	9 VAM	3:44:48	INDEPENDIENTE	3:44:48	0:38:02	0:59:21	2:03:55	2:25:20	2:48:29	3:14:29
49	402	Enrique PIÑEIRO GARCIA	47	ABM		3:44:53	BESTARRUZA TRINITY TRAIL	3:44:53	0:41:09	1:00:27	2:06:48	2:27:20	2:48:27	3:16:55
50	31	Julio ALVAREZ ESTEVEZ	48	ABM		3:45:09	INDIVIDUAL	3:45:09	0:39:46	1:01:31	2:04:29	2:27:52	2:50:20	3:14:35
51	40	Cesar AGUADO DORADO	49	ABM		3:45:41	INDIVIDUAL	3:45:41	0:42:01	1:02:50	2:07:40	2:28:44	2:51:05	3:17:15
52	297	Martin LESTON AGULLEIRO	50	ABM		3:46:02	CORVOS BRANCOS	3:46:02	0:43:08	1:04:51	2:09:41	2:30:57	2:52:42	3:17:43
53	250	Andres GOMEZ COBO	51	ABM		3:46:03	CD LA ESCALERILLA	3:46:03	0:37:18	0:59:18	2:01:56	2:25:53	2:50:59	3:16:44
54	97	Eulogio BELLO ALVAREZ	52	ABM	10 VAM	3:46:07	CDM ALTO SIL	3:46:07	0:34:49	0:53:12	1:51:12	2:10:01	2:31:42	3:01:06
55	346	Jesus Miguel MENDEZ LOPEZ	53	ABM	11 VAM	3:46:13	C.D. BTT LA BADANA_INACTIVO	3:46:13	0:40:22	1:01:52	2:04:37	2:25:50	2:48:32	3:14:33
56	282	Ruben JAÑEZ FERNANDEZ	54	ABM	12 VAM	3:47:20	NINGUNO	3:47:20	0:40:48	1:01:17	2:04:41	2:26:05	2:48:35	3:16:35
57	331	Jorge MARTINEZ HERNADEZ	55	ABM		3:47:32	BANDOLEROS DE GUADARRAMA	3:47:32	0:41:53	1:03:46	2:08:18	2:30:40	2:52:04	3:17:54
58	354	Ivan MONTES LOMBAO	56	ABM		3:47:45	RUNNER GALLAECIA	3:47:45	0:37:39	0:57:45	1:59:35	2:20:52	2:43:54	3:13:29
59	175	Javier DOMINGUEZ CALLE	57	ABM	13 VAM	3:48:20	TRASIERRA TRAIL	3:48:20	0:38:05	0:58:48	1:58:49	2:20:17	2:43:31	3:10:37
60	244	Jose Miguel GARO MARTINEZ	58	ABM		3:48:24	INDIVIDUAL	3:48:24	0:40:43	1:02:05	2:06:44	2:28:10	2:50:10	3:17:56
61	462	Jose Antonio SANTANA GARCIA	59	ABM		3:48:46	CLUB DE MONTAÑA MOYACTIVA	3:48:46	0:40:07	1:00:12	2:01:36	2:23:12	2:46:01	3:14:45
62	86	Ivan BAELO FERNANDEZ	60	ABM		3:49:35	ENPHORMA TRIATLON SAN AGUSTIN	3:49:35	0:40:23	1:01:53	2:02:53	2:25:22	2:48:22	3:14:11
63	161	Georgios DIALEKTOS	61	ABM		3:49:53	INDIVIDUAL	3:49:53	0:33:52	0:53:37	1:49:04	2:14:16	2:42:19	3:13:40
64	114	Avelino CAAMAÑO NIETO	62	ABM		3:50:18	PONTE TRAIL	3:50:18	0:42:24	1:03:32	2:09:46	2:31:01	2:51:59	3:19:16
65	474	Jorge SOLE CORVILLO	63	ABM	14 VAM	3:51:49	CDM ALTO SIL	3:51:49	0:39:32	1:01:23	2:04:16	2:27:44	2:50:59	3:19:02
66	49	Sergio ALONSO LOPEZ	64	ABM		3:51:54	RUNNING ALTO BERNESGA	3:51:54	0:41:46	1:02:31	2:07:06	2:29:23	2:52:24	3:20:09
67	325	Andres MARTIN MARTIN	65	ABM		3:52:18	AVIENTU CENTENO_INACTIVO	3:52:18	0:39:44	1:01:07	2:02:34	2:25:56	2:49:12	3:17:28
68	37	Benigno ALVAREZ MERA	66	ABM		3:53:23	CDM ALTO SIL	3:53:23	0:40:26	1:02:18	2:08:35	2:30:43	2:53:58	3:21:22



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### CLASIFICADOS (393)

Pto	Dor	NOMBRE y APELLIDOS	pº CAT	pº sCat.	Local	TIEMPO CLUB	META	Control 1	El Muro	Paramo de Sil	La Campona	La Braña	Pico Negro		
69	226	Ismael GARCIA BRAVO	67	ABM	15	VAM	<b>3:53:25</b>	INDIVIDUAL	<b>3:53:25</b>	0:40:31	1:00:58	2:05:16	2:27:38	2:50:20	3:19:01
70	276	Eduardo HOLANDA BLAS	68	ABM	16	VAM	<b>3:54:26</b>	TRASIERRA TRAIL	<b>3:54:26</b>	0:40:18	1:01:13	2:05:09	2:27:51	2:51:37	3:20:27
71	99	Oswaldo RIVERA RODRIGUEZ	69	ABM			<b>3:54:53</b>	CDM ALTO SIL	<b>3:54:53</b>	0:36:37	0:57:47	1:54:25	2:19:42	2:44:57	3:12:17
72	107	Ivan BREA RODRIGUEZ	70	ABM			<b>3:55:00</b>	AMI BRIGANTIA	<b>3:55:00</b>	0:37:19	0:57:59	2:03:46	2:28:18		3:20:59
73	391	Carlos PEIXOTO	71	ABM	17	VAM	<b>3:55:04</b>	AMIGOS DA MONTANHA	<b>3:55:04</b>	0:42:32	1:02:53	2:10:24	2:36:17	2:58:33	3:25:00
74	216	Cesar GALA SUJA	72	ABM			<b>3:55:22</b>	TIERRA TRAGAME - BANDOLEROS DE	<b>3:55:22</b>	0:39:58	1:02:23	2:02:51	2:27:48	2:51:04	3:19:07
75	238	Rafael GARCIA PEREZ	73	ABM	18	VAM	<b>3:55:30</b>	BUSCAME EN LA CIMA	<b>3:55:30</b>	0:43:13	1:05:26	2:09:01	2:33:24	2:56:03	3:23:51
76	189	Marcos FERNANDEZ GONZALEZ	74	ABM			<b>3:56:21</b>	INDIVIDUAL	<b>3:56:21</b>	0:42:07	1:03:59	2:08:07	2:30:51	2:54:36	3:23:01
77	505	Jesus ZAPICO RICAURTE	75	ABM			<b>3:56:39</b>	G.M. REINOASTUR_INACTIVO	<b>3:56:39</b>	0:42:30	1:06:32	2:14:00	2:35:52	2:59:05	3:25:07
78	317	Oscar MARQUES MARBAN	76	ABM			<b>3:58:05</b>	AD VEGA DE ESPINAREDA	<b>3:58:05</b>	0:40:53	1:02:03	2:05:38	2:28:01	2:50:52	3:20:00
79	221	Jaime GARCIA PUENTE	77	ABM			<b>3:58:20</b>	C.M. LOS REJOS	<b>3:58:20</b>	0:41:30	1:03:00	2:10:10	2:31:08	2:54:38	3:24:52
80	266	Ruben GUARIN PEREZ	78	ABM			<b>3:58:37</b>	AD JARNACHAS	<b>3:58:37</b>	0:40:16	1:02:02	2:07:29	2:30:18	2:54:30	3:23:45
81	280	Alberto IZQUIERDO SANCHEZ	79	ABM	19	VAM	<b>3:59:07</b>	INDIVIDUAL	<b>3:59:07</b>	0:42:58	1:05:07	2:07:15	2:32:31	2:54:22	3:21:58
82	363	Diego NAVAS SOLORZANO	80	ABM			<b>3:59:09</b>	ESCUELA PUBLICA	<b>3:59:09</b>	0:40:13	1:02:33	2:04:14	2:27:54	2:52:19	3:21:14
83	174	Javier DOMINGUEZ BOLAÑOS	81	ABM			<b>3:59:11</b>	INDIVIDUAL	<b>3:59:11</b>	0:40:11	1:02:15	2:04:13	2:27:57	2:52:20	3:21:10
84	178	Emilio ENRIQUEZ RODRIGUEZ	82	ABM	20	VAM	<b>3:59:24</b>	INDIVIDUAL	<b>3:59:24</b>	0:43:48	1:05:13	2:11:43	2:33:30	2:56:25	3:25:12
85	277	Jose IGLESIAS ARIAS	83	ABM	2	VBM	<b>4:01:07</b>	G.M. REINOASTUR_INACTIVO	<b>4:01:07</b>	0:42:55	1:05:18	2:08:58	2:32:01	2:56:18	3:24:47
86	365	Angel Manuel NUÑEZ CORREA	84	ABM			<b>4:01:13</b>	AVIENTU CENTENO	<b>4:01:13</b>	0:42:44	1:05:20	2:10:39	2:35:10	2:59:31	3:27:00
87	335	Juan Carlos MARTUL HERNANDEZ	85	ABM	21	VAM	<b>4:01:17</b>	CLUB DE MONTAÑA XESTEIRAS	<b>4:01:17</b>	0:44:12	1:06:14	2:12:12	2:35:23	2:59:28	3:28:10
88	362	Sergio NATAL VICENTE	86	ABM			<b>4:01:45</b>	GRUPO TRAIL LEON	<b>4:01:45</b>	0:38:22	0:58:56	2:05:42	2:28:50	2:53:42	3:26:14
89	179	Juan Carlos ESCRIBANO ORTEGA	87	ABM	22	VAM	<b>4:01:48</b>	TOVERTICAL	<b>4:01:48</b>	0:42:13	1:04:25	2:10:54	2:34:43	2:59:27	3:28:33
90	502	Carlos YANET ORTIZ	88	ABM			<b>4:01:51</b>	MASTERGYM	<b>4:01:51</b>	0:41:10	1:02:59	2:10:18	2:32:12	2:53:56	3:23:06
91	127	Laueano CARRERA ARIAS	89	ABM	23	VAM	<b>4:01:55</b>	MASTERGYM	<b>4:01:55</b>	0:38:23	0:59:11	2:03:58	2:26:07	2:52:14	3:22:12
92	316	Maria MARCOS ESCUDERO	3	ABF			<b>4:01:57</b>	INTELLIGENT INTERVAL	<b>4:01:57</b>	0:43:43	1:05:03	2:10:56	2:33:57	2:57:33	3:26:43
93	34	Omar ALVAREZ GUTIERREZ	90	ABM			<b>4:02:00</b>	RUNNING ALTO BERNESGA	<b>4:02:00</b>	0:44:41	1:06:37	2:10:51	2:33:26	2:57:40	3:25:49
94	13	Jose Manuel CRESPO RUBIO	91	ABM	24	VAM	<b>4:02:01</b>	INDIVIDUAL	<b>4:02:01</b>	0:43:45	1:05:22	2:11:50	2:34:15	2:58:02	3:28:09
95	71	Ludario ALVAREZ RODRIGUEZ	92	ABM			<b>4:02:04</b>	CDM ALTO SIL	<b>4:02:04</b>	0:43:30	1:05:35	2:13:19	2:36:11	3:00:30	3:28:14
96	364	Jose Luis NOGALES PEREZ	93	ABM			<b>4:02:06</b>	CA PORCUNA	<b>4:02:06</b>	0:44:53	1:07:02	2:13:32	2:36:08	3:00:37	3:27:38
97	312	Julio Alberto MENDEZ SANTAS	94	ABM			<b>4:02:17</b>	C.M. RIBEIRA SACRA VIA XVIII	<b>4:02:17</b>	0:44:16	1:07:26	2:12:38	2:36:00	3:01:07	3:30:30
98	205	Eduardo FLECHA PEREZ	95	ABM			<b>4:02:25</b>	BOMBEROS VALLADOLID	<b>4:02:25</b>		0:59:25	2:05:36	2:28:08	2:51:01	3:22:11
99	350	Anibal MIGUEL FERNANDEZ	96	ABM	25	VAM	<b>4:02:30</b>	INTERVAL NO LIMITS	<b>4:02:30</b>	0:41:12	1:02:57	2:09:45	2:33:54	2:57:32	3:26:45
100	265	Alvaro GONZALO PEREZ	98	ABM			<b>4:02:47</b>	INDIVIDUAL	<b>4:02:47</b>	0:39:37	1:00:42	2:06:54	2:30:06	2:54:28	3:24:53
101	351	Iñigo MIGUEL SADIA	97	ABM			<b>4:02:47</b>	VALDEON	<b>4:02:47</b>	0:39:20	1:00:48	2:11:06	2:32:05	2:57:03	3:26:34
102	388	Cholo PAREDES PEREZ	99	ABM	26	VAM	<b>4:03:15</b>	TRAILXTREM RACE TEAM	<b>4:03:15</b>	0:44:28	1:06:51	2:14:40	2:38:17	3:01:23	3:29:34



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### CLASIFICADOS (393)

Pto	Dor	NOMBRE y APELLIDOS	pº CAT	pº sCat.	Local	TIEMPO CLUB	META	Control 1	El Muro	Paramo de Sil	La Campona	La Braña	Pico Negro
103	464	Estelita SANTIN FERNANDEZ	4 ABF	1 VAF		4:03:49 ESTRELLA GALICIA - TRASTIENDA	4:03:49	0:42:48	1:04:26	2:14:11	2:35:58	3:00:48	3:31:04
104	198	Justo FERNANDEZ LLAMAZARES	100 ABM	27 VAM		4:04:01 INDEPENDIENTE	4:04:01	0:41:31	1:02:53	2:08:36	2:31:55	2:55:12	3:25:46
105	123	Jose Antonio CARBALLO POSE	101 ABM			4:04:07 C.M. RIBEIRA SACRA VIA XVIII	4:04:07	0:44:16	1:07:26	2:12:26	2:36:03	3:01:09	3:30:32
106	10	Jose RODRIGUEZ QUINTAS	102 ABM	28 VAM		4:04:33 RUNNING SPORT TRAIL	4:04:33	0:44:14	1:06:23	2:13:43	2:35:59	3:00:57	3:30:29
107	165	David DIEGO PINTO	103 ABM			4:04:59 RAIDLIGHT TEAM	4:04:59	0:51:10	1:14:50	2:20:30	2:43:13	3:04:48	3:30:47
108	18	Jose Carlos RODRIGUEZ TERRON	104 ABM	29 VAM		4:05:04 AD VEGA DE ESPINAREDA	4:05:04	0:44:30	1:06:36	2:15:16	2:38:11	3:02:41	3:33:17
109	368	Pablo NUEVO CANEDO	105 ABM			4:05:10 INDIVIDUAL	4:05:10	0:42:50	1:04:31	2:13:24	2:36:12	2:59:33	3:29:44
110	207	Jose Ignacio FONSECA GARCIA	106 ABM			4:05:41 CLUB PEÑARUBIA	4:05:41	0:42:49	1:05:16	2:10:42	2:33:17	2:57:08	3:26:14
111	30	Ruben ALVAREZ DEL CASTILLO	107 ABM			4:06:08 CDM ALTO SIL	4:06:08	0:43:59	1:05:32	2:16:09	2:36:55	3:01:37	3:31:51
112	289	Fernando LOPEZ MENENDEZ	108 ABM			4:06:30 INDIVIDUAL	4:06:30	0:43:53	1:05:47	2:13:17	2:36:27	3:00:32	3:31:15
113	247	Ricardo GIL DOPAZO	109 ABM			4:06:55 XESTEIRAS	4:06:55	0:44:30	1:06:08	2:12:17	2:36:14	3:00:34	3:32:08
114	57	Miguel Angel ALVAREZ CARMONA	110 ABM			4:07:36 AVIENTU CENTENO	4:07:36	0:47:50	1:10:50	2:20:33	2:44:14	3:07:44	3:35:23
115	186	Javier FERNANDEZ RODRIGUEZ	111 ABM			4:08:10 C.M. RIBEIRA SACRA VIA XVIII	4:08:10	0:44:23	1:07:24	2:14:14	2:37:19	3:02:38	3:33:20
116	22	Maria Luisa GARCIA RAFAEL	5 ABF			4:08:57 TODOVERTICAL V+	4:08:57	0:45:38	1:08:18	2:15:11	2:38:29	3:03:41	3:33:01
117	306	German LOPEZ MARTINEZ	112 ABM			4:08:59 G.M. REINOASTUR_INACTIVO	4:08:59	0:42:55	1:05:13	2:14:16	2:38:34	3:03:32	3:33:32
118	230	Sancho GARCIA FERNANDEZ	113 ABM			4:09:15 G.M. PEÑA MEA	4:09:15	0:44:35	1:07:56	2:17:17	2:38:57	3:02:40	3:32:17
119	434	David RODRIGO HERRERO	114 ABM			4:09:41 LA PEDRIZA DEL MANZANARES	4:09:41	0:39:29	1:01:01	2:04:27	2:30:33	3:00:09	3:32:13
120	475	Luis Eduard SOLA CONDE	115 ABM	30 VAM		4:09:44 HEMATOCRITO EL SOTO	4:09:44	0:47:48	1:09:45	2:17:27	2:40:21	3:04:16	3:36:24
121	59	Antonio R. ALVAREZ GARCIA	116 ABM	31 VAM		4:09:51 CAO	4:09:51	0:43:34	1:07:54	2:16:32	2:39:53	3:06:41	3:34:43
122	469	Jose Oscar SARMIENTO CALLE	117 ABM			4:09:56 TORTUGAS TRAIL LEON	4:09:56	0:42:57	1:03:20	2:11:22	2:36:18	3:01:12	3:32:41
123	352	David MIJAN MONJE	118 ABM			4:10:05 CLUB OJE VALDEPIELAGO	4:10:05	0:43:15	1:06:16	2:15:25	2:40:24	3:07:03	3:35:30
124	309	Ronald LORITE RODRIGUEZ	119 ABM			4:10:14 CLUB ALPINO OURENSAN	4:10:14	0:45:22	1:08:44	2:18:16	2:42:25	3:06:42	3:36:01
125	204	Juan Pablo FIGUEROA FERNANDEZ	120 ABM			4:10:17 INDEPENDIENTE	4:10:17	0:44:46	1:07:34	2:17:03	2:40:00	3:05:20	3:35:39
126	106	Sonia BOTANA GONZALEZ	6 ABF	2 VAF		4:10:26 RIBEIRA SACRA	4:10:26	0:46:59	1:10:19	2:18:36	2:42:53	3:08:49	3:37:26
127	482	Ruben TEJERINA	121 ABM			4:10:31 TIERRA TRAGAME - BANDOLEROS DE	4:10:31	0:43:46	1:07:29	2:16:07	2:40:31	3:06:21	3:35:27
128	473	Jorge SERRAZINA	122 ABM	3 VBM		4:10:47 CA OBIDOS	4:10:47	0:43:56	1:07:37	2:17:15	2:41:44	3:07:20	3:36:51
129	210	Victor FREIRE MARQUES	123 ABM	32 VAM		4:10:51 BESTARRUZA TRINITY TRAIL	4:10:51	0:45:47	1:07:58	2:18:20	2:42:33	3:08:33	3:37:00
130	231	Jose Jorge GARCIA FIDALGO	124 ABM	33 VAM		4:11:11 GRUPO TRAIL LEON	4:11:11	0:43:30	1:06:18	2:14:33	2:38:16	3:04:04	3:35:07
131	182	Juan Jose ESCUREDO FERREIRO	125 ABM	4 VBM		4:12:29 UST	4:12:29	0:46:47	1:09:52	2:18:26	2:41:58	3:06:25	3:37:11
132	396	Pablo Cesar PEREZ MARTIN	126 ABM	34 VAM		4:13:40 C.M. LA ESCALERILLA	4:13:40	0:42:53	1:05:50	2:15:13	2:38:41	3:04:29	3:36:40
133	81	Victor ARROGANTE HUERTAS	127 ABM			4:13:46 LOTERIAELPULPO.COM - A.D. SAMB	4:13:46	0:40:40	1:04:53	2:12:59	2:38:06	3:03:45	3:33:07
134	103	Luciano MARRON MARTINEZ	128 ABM	5 VBM		4:13:50 CDM ALTO SIL	4:13:50	0:44:37	1:07:16	2:17:39	2:40:51	3:06:50	
135	134	Carlos CASTAÑON DIAZ	129 ABM			4:14:03 G.M. REINOASTUR_INACTIVO	4:14:03	0:43:45	1:06:02	2:16:56	2:42:44	3:07:55	3:39:45
136	404	Alejandro PIRIZ MATO	130 ABM			4:14:18 RAIDLIGHT TEAM	4:14:18	0:43:03	1:05:39	2:13:38	2:40:09	3:05:52	3:36:04





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### CLASIFICADOS (393)

Pto	Dor	NOMBRE y APELLIDOS	pº CAT	pº sCat.	Local	TIEMPO CLUB	META	Control 1	El Muro	Paramo de Sil	La Campona	La Braña	Pico Negro	
137	233	Hugo GARCIA GARCIA	131	ABM		4:15:14	INDIVIDUAL	4:15:14	0:44:40	1:07:37	2:17:21	2:42:22	3:09:31	3:38:59
138	36	Severiano ALVAREZ MARRON	132	ABM		4:15:31	CDM ALTO SIL	4:15:31	0:47:07	1:09:14	2:21:00	2:44:08	3:08:38	3:40:37
139	345	Ivan MENDEZ CAMPA	133	ABM		4:15:34	CRONOASTUR	4:15:34	0:49:31	1:15:53	2:23:07	2:47:10	3:11:05	3:39:53
140	389	Ana PAZ BERMUDEZ	7	ABF		4:15:38	TOVERTICAL	4:15:38	0:44:45	1:07:41	2:16:09	2:41:41	3:08:03	3:37:28
141	420	Adrian RAMOS SANCHEZ	134	ABM		4:16:41	ESCUELA PUBLICA	4:16:41	0:43:39	1:06:07	2:14:59	2:38:33	3:04:09	3:36:52
142	78	Fermin ARIAS MARTINEZ	135	ABM	35 VAM	4:17:00	CLUB MONTAÑA TELENO	4:17:00	0:43:28	1:05:43	2:15:34	2:38:30	3:04:30	3:36:42
143	465	Alejandro SANTOS FUENTES	136	ABM		4:17:15	GRUPO TRAIL LEON	4:17:15	0:43:25	1:06:03	2:14:42	2:38:08	3:03:41	3:35:46
144	64	Fernando ALVAREZ MARTINEZ	137	ABM	36 VAM	4:17:32	INDEPENDIENTE	4:17:32	0:44:59	1:09:56	2:19:43	2:44:11	3:10:24	3:41:01
145	166	Roberto DIEGUEZ GONZALEZ	138	ABM		4:18:21	CLUB TRAIL LEON	4:18:21	0:43:01	1:04:54	2:15:23	2:40:49	3:06:48	3:38:34
146	332	Angel MARTINEZ MIMOSO	139	ABM	37 VAM	4:18:22	MATARROSA	4:18:22	0:40:03	1:00:53	2:12:37	2:40:34	3:06:22	3:39:08
147	125	Antonio CARRASCOSO RUBIO	140	ABM		4:18:28	CLUB ATLETISMO LAS ROZAS	4:18:28	0:45:51	1:10:00	2:20:46	2:45:46	3:11:50	3:44:12
148	273	Eduardo HERAS CRISTOBAL	141	ABM		4:18:35	INDIVIDUAL	4:18:35	0:45:33	1:07:27	2:16:34	2:40:46	3:06:23	3:38:43
149	154	Hugo DE LA VEGA LOPEZ	142	ABM		4:18:39	INDEPENDIENTE	4:18:39	0:41:54	1:05:40	2:15:36	2:41:31	3:08:31	3:40:43
150	410	Antonio POSADA SADIA	143	ABM		4:18:43	G.C. ENSIDESA	4:18:43	0:46:22	1:10:59	2:20:47	2:45:26	3:11:53	3:41:26
151	489	Javier USED VILLUENDAS	144	ABM		4:19:07	INDIVIDUAL	4:19:07	0:44:38	1:07:42	2:16:00	2:40:28	3:06:38	3:41:09
152	138	Alberto CASTRO CASAL	145	ABM	38 VAM	4:19:12	BESTARRUZA TRINITY TRAIL	4:19:12	0:45:11	1:08:44	2:20:26	2:44:23	3:10:22	3:41:38
153	116	Gonzalo CABALLERO ALVAREZ	146	ABM		4:19:24	CLUB CORRECAMINOS ALFINDEN	4:19:24	0:40:40	1:03:54	2:11:45	2:35:49	3:02:09	3:33:12
154	484	Carlos TESTERA GONZALEZ	147	ABM		4:19:26	INDIVIDUAL	4:19:26	0:41:23	1:03:19	2:11:20	2:35:17	3:00:27	3:32:39
155	68	Joaquin ALVAREZ MIRANDA	148	ABM		4:19:51	G.M. REINOASTUR_INACTIVO	4:19:51	0:42:42	1:04:57	2:14:18	2:39:11	3:06:18	3:40:36
156	235	Helios GARCIA LUIS	149	ABM		4:19:56	G.M. EL CHALANIN	4:19:56	0:45:25	1:07:22	2:17:57	2:42:02	3:08:30	3:41:22
157	199	Raul FERNANDEZ QUINTANILLA	150	ABM		4:20:15	TRAILXTREM	4:20:15	0:42:07	1:03:34	2:11:54	2:35:35	3:00:50	3:37:48
158	456	Samuel SANCHEZ DIAZ	151	ABM		4:20:20	SALAMANCA RAIDS & TRAILS RUNNE	4:20:20	0:41:21	1:03:34	2:13:13	2:36:51	3:03:24	3:36:53
159	44	Begoña SANCHEZ DOMINGUEZ	8	ABF	3 VAF	4:20:32	DEP. ELEM. LAPIAZ	4:20:32	0:45:47	1:08:36	2:23:27	2:46:48	3:12:51	3:45:13
160	284	Dimitrios Georgi KOSTAKIS	152	ABM		4:21:21	INDIVIDUAL	4:21:21	0:46:56	1:10:29	2:19:35	2:44:21	3:10:05	3:42:16
161	349	Jaume MESTRE AMENGUAL	153	ABM		4:21:52	CLUB MUNTANYA ALCUDIA	4:21:52	0:45:16	1:08:26	2:20:37	2:45:50	3:12:18	3:44:29
162	32	Manuel ALVAREZ FERNANDEZ	154	ABM		4:22:05	INDIVIDUAL	4:22:05	0:44:01	1:06:39	2:15:55	2:41:25	3:08:12	3:40:40
163	499	Miguel VIDAL RUBIERA	155	ABM		4:22:12	AVIENTU CENTENO_INACTIVO	4:22:12	0:46:16	1:08:12	2:21:27	2:45:52	3:11:54	3:45:43
164	121	Francisco Javier CARBAJO BECERRO	156	ABM		4:22:33	C.D. DE MONTAÑA TELENO	4:22:33	0:43:32	1:07:21	2:17:40	2:42:29	3:09:09	3:40:47
165	372	Jesus OBLANCA SANCHEZ	157	ABM	39 VAM	4:22:44	INDIVIDUAL	4:22:44	0:43:51	1:06:05	2:18:59	2:42:43	3:08:50	3:43:48
166	408	Joan POMAR PONS	158	ABM		4:23:03	CLUB MUNTANYA ALCUDIA	4:23:03	0:45:27	1:08:27	2:20:12	2:45:56	3:12:14	3:44:31
167	69	Angel Gabriel GARCIA RODRIGUEZ	159	ABM		4:23:31	ASADOR DE ANGEL EXTREME TEAM	4:23:31	0:42:43	1:06:16	2:16:02	2:43:04	3:08:53	3:39:38
168	222	Julian ALONSO CORRASLES	160	ABM		4:23:35	INDIVIDUAL	4:23:35	0:42:41	1:06:14	2:16:04	2:43:02	3:08:54	3:43:01
169	63	Pablo ALVAREZ MAGADAN	161	ABM		4:23:53	INDEPENDIENTE	4:23:53	0:40:24	1:02:04	2:11:13	2:37:43	3:06:08	3:39:44
170	245	Luciano GARRIDO BUJAN	162	ABM	40 VAM	4:23:57	CDM ALTO SIL	4:23:57	0:40:18	1:02:43	2:13:47	2:38:14	3:06:09	3:39:40



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### CLASIFICADOS (393)

Pto	Dor	NOMBRE y APELLIDOS	pº CAT	pº sCat.	Local	TIEMPO CLUB	META	Control 1	El Muro	Paramo de Sil	La Campona	La Braña	Pico Negro
171	20	Raquel MAESTRE TABERNERO	9	ABF		4:25:47 SELECCION DE CASTILLA Y LEON	4:25:47	0:43:00	1:04:51	2:14:49	2:42:00	3:07:57	3:40:40
172	421	Mohammed REDA ELANDALOUSSI	163	ABM	41 VAM	4:25:50 GRUPO TRAIL LEON	4:25:50	0:42:18	1:04:38	2:12:33	2:38:20	3:07:59	3:36:50
173	200	Mario FERNANDEZ ROBLEDO	164	ABM		4:25:52 INDIVIDUAL	4:25:52	0:47:05	1:10:35	2:21:17	2:47:21	3:14:30	3:47:06
174	201	Arturo FERNANDEZ RODRIGUEZ	165	ABM		4:25:54 LEON TRAIL	4:25:54	0:47:03	1:10:42	2:21:21	2:47:17	3:14:23	3:46:03
175	453	Iñigo SAENZ ARGUEDAS	166	ABM	6 VBM	4:26:10 INDA MENDI	4:26:10	0:44:50	1:09:08	2:18:33	2:45:43	3:12:00	3:45:53
176	157	Mirko DE MARTIN VILARIÑO	167	ABM		4:26:18 CLUBE MONTAÑEIROS DE PONTEVEDR	4:26:18	0:44:49	1:06:59	2:21:47	2:47:12	3:15:04	3:51:17
177	467	Raul SANTOS ROMERO	168	ABM		4:26:25 SALAMANCA RAIDS & TRAILS RUNNE	4:26:25	0:43:20	1:06:19	2:19:32	2:45:17	3:11:47	3:44:24
178	158	Ddd DEL MORAL OLIVA	169	ABM	42 VAM	4:27:12 INDIVIDUAL	4:27:12	0:44:56	1:08:29	2:23:39	2:49:59	3:15:39	3:50:10
179	419	Javier RAMOS GONZALEZ	170	ABM		4:27:48 RACING LEON	4:27:48	0:45:59	1:09:48	2:21:30	2:45:47	3:11:09	3:44:07
180	147	Rafael CORRAL ESCRIBANO	171	ABM		4:28:23 INDIVIDUAL	4:28:23	0:52:29	1:16:53	2:31:43	2:55:43	3:20:46	3:53:09
181	23	Sonia ELGUETA RODRIGUEZ	10	ABF		4:28:26 TIERRA TRAGAME - TRAILXTREM_IN	4:28:26	0:48:10	1:12:29	2:25:23	2:51:08	3:18:17	3:49:38
182	379	Santiago OUTEIRIÑO GALLEGO	172	ABM		4:28:45 INDIVIDUAL	4:28:45	0:47:22	1:11:06	2:24:59	2:48:51	3:15:11	3:47:45
183	411	Jose Manuel POUSA FERNANDEZ	173	ABM	7 VBM	4:28:46 RUNNING SPORT TRAIL	4:28:46	0:46:40	1:09:30	2:23:26	2:47:41	3:13:55	3:49:01
184	311	Gaspar LUNA MANSILLA	174	ABM	43 VAM	4:28:51 RUNNING PARA TODOS Y UST	4:28:51	0:44:27	1:08:37	2:24:26	2:51:16	3:18:36	3:52:58
185	73	Angel ALVARO BAYON	175	ABM		4:29:27 INDIVIDUAL	4:29:27	0:43:10	1:07:02	2:18:49	2:43:46	3:11:05	3:46:00
186	15	Jose Luis BLAZQUEZ HERNANDEZ	176	ABM	44 VAM	4:29:27 INDIVIDUAL	4:29:27	0:48:36	1:13:31	2:25:01	2:51:59	3:17:51	3:47:58
187	428	Adolfo RIVERO TASCÓN	177	ABM		4:29:35 INDIVIDUAL	4:29:35	0:45:33	1:08:46	2:22:23	2:46:55	3:17:33	3:51:05
188	177	Javier ENRIQUEZ BLANCO	178	ABM		4:29:36 MASTER GYM	4:29:36	0:45:22	1:11:12	2:23:22	2:49:48	3:16:40	3:48:25
189	390	Jose Manuel PEDROSA MAYO	179	ABM		4:29:38 PONTE TRAIL	4:29:38	0:52:34	1:18:52	2:31:01	2:56:00	3:22:25	3:53:18
190	452	David SANCHEZ PEREZ	181	ABM		4:29:39 C.D. PEÑAS DE PRADO	4:29:39	0:48:12	1:12:33	2:19:45	2:44:03	3:10:29	3:42:58
191	217	Pablo GARAYZABAL MARTINEZ DE A	180	ABM		4:29:39 INDEPENDIENTE	4:29:39	0:48:21	1:11:53	2:23:48	2:50:23	3:17:25	3:49:28
192	252	Carlos GOMEZ MENDEZ	182	ABM		4:30:02 CDM ALTO SIL	4:30:02	0:49:29	1:13:56	2:27:34	2:53:59	3:20:30	3:53:07
193	101	Alberto BERMEJO NAVAS	183	ABM		4:30:45 CLUB ABULENSE DE MONTAÑA ALMAN	4:30:45	0:49:42	1:13:14	2:24:05	2:53:06	3:21:06	3:52:31
194	187	Sebastian FERNANDEZ ARIAS	184	ABM		4:30:47 ASTURIAS HIMALAYA	4:30:47	0:50:00	1:15:32	2:28:17	2:54:22	3:20:54	3:52:22
195	58	Javier ALVAREZ DEL CASTILLO	185	ABM		4:30:48 INDIVIDUAL	4:30:48	0:50:21	1:15:23	2:28:27	2:51:29	3:17:16	3:50:03
196	422	Jose Miguel REDONDO ROBLEDO	186	ABM	45 VAM	4:31:05 G.M. PICU PIENZU	4:31:05	0:49:26	1:14:22	2:26:43	2:53:12	3:19:09	3:52:20
197	298	Miguel LESTON FABEIRO	187	ABM	8 VBM	4:31:20 INDIVIDUAL	4:31:20	0:51:20	1:17:37	2:30:42	2:55:57	3:21:49	3:54:26
198	479	Pablo SUAREZ ALVAREZ	188	ABM	46 VAM	4:31:30 INDIVIDUAL	4:31:30	0:47:13	1:12:49	2:27:41	2:54:13	3:22:57	3:55:03
199	94	David BARREIRO CADENAS	189	ABM		4:31:49 INDIVIDUAL	4:31:49	0:47:57	1:12:47	2:27:57	2:53:56	3:20:39	3:53:36
200	151	Omar DIEZ PEREZ	190	ABM		4:32:01 INDIVIDUAL	4:32:01	0:47:37	1:12:04	2:25:28	2:50:49	3:19:24	3:52:53
201	169	Daniel DIEZ FUENTES	191	ABM		4:32:11 TIERRA TRAGAME	4:32:11	0:48:05	1:13:06	2:27:53	2:53:52	3:20:51	3:53:14
202	272	Juan Jose GUTIERREZ MARTINEZ	192	ABM		4:32:29 CLUB MONTAÑA TELENO	4:32:29	0:49:36	1:14:37	2:29:04	2:54:27		3:53:01
203	271	Cesar GUTIERREZ MARTINEZ	193	ABM		4:32:33 CLUB MONTAÑA TELENO	4:32:33	0:49:35	1:14:34	2:29:06	2:54:28	3:20:52	3:53:03
204	386	Desire PARAJON BERROS	11	ABF		4:33:33 AVIENTU CENTENO	4:33:33	0:48:46	1:13:30	2:28:37	2:54:21	3:22:11	3:53:45



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### CLASIFICADOS (393)

Pto	Dor	NOMBRE y APELLIDOS	pº CAT	pº sCat.	Local	TIEMPO CLUB	META	Control 1	El Muro	Paramo de Sil	La Campona	La Braña	Pico Negro		
205	353	Faustino MOLLEDA VIGIL	194	ABM	47	VAM	4:33:34	AVIENTU CENTENO	4:33:34	0:48:17	1:13:27	2:28:32	2:54:19	3:22:05	3:52:08
206	460	Roberto SANMARTINO GONZALEZ	195	ABM			4:33:37	AVIENTU CENTENO	4:33:37	0:47:29	1:13:24	2:24:20	2:52:15	3:20:50	3:51:26
207	170	Luis LOPEZ DE VEGA	196	ABM			4:33:57	INDIVIDUAL	4:33:57	0:48:43	1:12:45	2:27:33	2:54:16	3:21:46	3:53:33
208	433	Enrique RODRIGUEZ VALENCIA	197	ABM	48	VAM	4:34:05	C.M. LA ESCALERILLA	4:34:05	0:49:27	1:15:41	2:29:28	2:54:41	3:21:55	3:53:28
209	463	Victor Manuel SANTIN ALFONSO	198	ABM	49	VAM	4:34:09	AD VEGA DE ESPINAREDA	4:34:09	0:46:30	1:10:53	2:23:42	2:51:24	3:18:59	3:53:08
210	481	Juan Ramon TAPIA GONZALEZ	199	ABM	50	VAM	4:34:35	SALAMANCA RAIDS & TRAILS RUNNE	4:34:35	0:42:37	1:05:19	2:15:27	2:41:12	3:09:46	3:43:42
211	459	Alberto SANCHEZ MARTIN	200	ABM			4:34:36	SALAMANCA RAIDS & TRAILS RUNNE	4:34:36	0:44:38	1:09:20	2:18:41	2:43:48	3:09:47	3:44:21
212	131	Javier CASADO GARCIA	201	ABM			4:34:47	INDIVIDUAL	4:34:47	0:47:01	1:12:00	2:29:13	2:56:07	3:24:32	3:57:49
213	360	Alfredo MUÑOZ BERZOSA	202	ABM	51	VAM	4:35:04	GRUPO MONTAÑA CSIC	4:35:04	0:49:55	1:15:31	2:31:16	2:55:50	3:22:46	3:55:21
214	181	Juan Ramon ESCUDERO MINGUEZ	203	ABM	52	VAM	4:36:03	TODO VERTICAL	4:36:03	0:50:47	1:15:59	2:30:54	2:58:12	3:25:21	3:59:17
215	104	Ruben BLAZQUEZ RODRIGO	204	ABM			4:36:22	TIERRA TRAGAME	4:36:22	0:37:43	0:58:33	1:59:30	2:22:04	2:46:11	3:17:23
216	209	Pablo FREIRE CASTRO	205	ABM	53	VAM	4:36:31	CLUB NAUTICO LANGOSTEIRA	4:36:31	0:48:40	1:12:43	2:25:10	2:51:07	3:17:41	3:53:31
217	80	Jose Maria ARRIBAS MORENO	206	ABM			4:36:55	RUNNING SPORT TRAIL	4:36:55	0:52:23	1:19:31	2:33:41	3:01:50	3:27:58	3:57:33
218	397	Ruben PEREZ MARTIN	207	ABM			4:37:00	LA ESCALERILLA	4:37:00	0:47:41	1:11:36	2:27:03	2:53:17	3:25:15	4:00:30
219	375	Miguel ORTIZ DOMINGUEZ	208	ABM			4:37:05	INDIVIDUAL	4:37:05	0:46:02	1:10:14	2:23:29	2:46:51	3:14:58	3:50:39
220	342	Javier MAZARIAS MATEY	209	ABM			4:37:28	TIERRA TRAGAME	4:37:28	0:47:39	1:12:45	2:27:17	2:53:15	3:22:10	3:53:45
221	501	Guillermo VISO ALVAREZ	210	ABM			4:37:44	CRONOASTUR	4:37:44	0:49:31	1:15:52	2:35:25	3:01:13	3:27:43	4:00:18
222	11	Angel MEIRA DIEGUEZ	211	ABM	9	VBM	4:38:16	RUNNING SPORT TRAIL	4:38:16	0:45:36	1:13:04	2:27:11	2:54:06	3:22:43	3:58:27
223	5	Tono ABAL NARTALLO	212	ABM	54	VAM	4:39:04	CDM XESTEIRAS	4:39:04	0:43:28	1:05:16	2:16:24	2:44:19	3:14:46	3:53:24
224	498	Jose Manuel VIDAL MARTINEZ	213	ABM	55	VAM	4:39:12	SIN RECORTES	4:39:12	0:50:49	1:15:49	2:33:24	2:57:29	3:26:06	4:00:24
225	146	Fernando CORDERO RODRIGUEZ	214	ABM			4:39:34	G.M. REINOASTUR_INACTIVO	4:39:34	0:45:07	1:09:15	2:24:46	2:52:01	3:17:46	3:54:23
226	441	Daniel RODRIGUEZ PEREZ	215	ABM	56	VAM	4:40:09	BIERZO TODO DEPORTE	4:40:09	0:48:31	1:12:35	2:30:57	2:58:08	3:25:20	4:00:04
227	139	Javier CAUREL CARRERA	216	ABM			4:40:19	MASTERGYM	4:40:19	0:46:34	1:11:58	2:27:31	2:54:14	3:22:29	3:59:46
228	492	Pablo VAZQUEZ PEREZ	217	ABM	57	VAM	4:40:38	INDEPENDIENTE	4:40:38	0:49:23	1:15:42	2:32:49	2:59:15	3:27:46	4:01:39
229	100	Iñigo BENGUA LARRINGAN	218	ABM			4:40:49	GANGUREN M.T.	4:40:49	0:46:09	1:10:40	2:26:08	2:53:57	3:22:32	3:55:39
230	500	Jose Antonio VINAGRERO AVILA	219	ABM			4:40:53	CLUB DE MONTAÑA OJANCO	4:40:53	0:44:36	1:07:56	2:23:19	2:51:58	3:21:19	3:55:59
231	120	Alfonso CANO SANTIAGO	220	ABM			4:41:03	INDIVIDUAL	4:41:03	0:47:46	1:11:16	2:23:33	2:50:45	3:18:57	3:52:55
232	184	Jose Miguel ESTEBANEZ GAVELA	221	ABM	58	VAM	4:41:35	INDIVIDUAL	4:41:35	0:48:34	1:15:46	2:30:49	3:01:45	3:30:05	4:00:46
233	202	Victor FERNANDEZ RODRIGUEZ	222	ABM			4:42:22	INDIVIDUAL	4:42:22	0:46:59	1:11:11	2:24:56	2:53:54	3:24:10	3:57:29
234	26	David CLOUX GARCIA	223	ABM			4:42:24	TRBSPTS	4:42:24	0:45:53	1:10:14	2:24:53	2:54:03	3:23:52	3:58:23
235	236	Roberto GARCIA MARTIN	224	ABM			4:42:41	GRAN CHAMAN	4:42:41	0:46:26	1:10:09	2:23:36	2:53:11	3:22:31	3:58:18
236	258	Helena GONZALEZ TAPIA	12	ABF			4:42:44	AVIENTU CENTENO_INACTIVO	4:42:44	0:49:16	1:13:45	2:28:58	2:57:22	3:25:53	4:00:23
237	336	Francisco MATA COBOS	225	ABM	10	VBM	4:43:39	TIERRA TRAGAME	4:43:39	0:46:13	1:09:55	2:26:13	2:52:18	3:19:00	4:00:15
238	74	Patricia ALVARO BAYON	13	ABF			4:45:00	G.M. LA ACEBEDA	4:45:00						



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Pto	Dor	NOMBRE y APELLIDOS	pº CAT	pº sCat.	Local	TIEMPO CLUB	META	Control 1	El Muro	Paramo de Sil	La Campona	La Braña	Pico Negro		
239	494	Felicisimo VEGA SANTOS	226	ABM	59	VAM	4:45:01	LOS TOXTAOS-AMZ	4:45:01	0:51:52	1:17:31	2:29:58	3:01:51	3:27:55	4:01:45
240	435	Raul RODRIGUEZ	227	ABM			4:45:02	ALALPARDO RUNNING TEAM	4:45:02						
241	145	Carlos CORDERO RODRIGUEZ	228	ABM			4:45:06	G.M. REINOASTUR_INACTIVO	4:45:06	0:42:41	1:06:34	2:22:36	2:53:19	3:23:55	4:02:39
242	224	Jorge GARCIA ASENJO ALVAREZ	229	ABM			4:45:14	CAFES TOSCAF GMEA	4:45:14	0:48:43	1:13:08	2:29:56	2:58:11	3:26:09	4:02:21
243	466	Eduardo SANTOS GARCIA	230	ABM			4:45:46	INDIVIDUAL	4:45:46	0:49:30	1:15:44	2:32:01	3:01:47	3:27:58	4:02:27
244	237	Francisco Javier GARCIA OVIEDO	231	ABM			4:45:50	INDIVIDUAL	4:45:50	0:50:02	1:15:04	2:31:13	2:58:05	3:24:50	4:02:21
245	294	Moises LARIN RUBIO	232	ABM			4:46:16	INTELLIGENT INTERVAL	4:46:16	0:45:37	1:13:17	2:29:08	2:54:32	3:22:21	3:58:47
246	264	Jorge GONZALEZ RODRIGUEZ	233	ABM			4:46:29	TIERRA TRAGAME - BANDOLEROS DE	4:46:29	0:50:08	1:16:30	2:33:01	3:00:57	3:29:44	4:05:56
247	194	Rodrigo FERNANDEZ CASTAÑO	234	ABM			4:47:20	G.M. REINOASTUR_INACTIVO	4:47:20	0:50:07	1:15:04	2:34:59	3:02:01	3:29:45	4:05:39
248	85	Alberto AVIN CRESPO	235	ABM			4:47:22	AVIENTU CENTENO	4:47:22	0:51:15	1:19:55	2:38:57	3:07:57	3:35:31	4:07:13
249	72	Christian ALVAREZ SOTO	236	ABM			4:47:36	AVIENTU CENTENO	4:47:36	0:51:40	1:20:06	2:38:55	3:07:55	3:35:31	4:07:58
250	256	Angel GONZALEZ RIVERO	237	ABM			4:47:37	CLUB TRAIL CUETO EL OSO	4:47:37	0:44:19	1:10:51	2:28:47	2:58:56	3:29:22	4:04:55
251	141	Carlos Javier CENADOR CARRASCO	238	ABM			4:47:40	INDIVIDUAL	4:47:40	0:44:25	1:07:31	2:20:57	2:46:52	3:12:52	3:59:27
252	133	David CASTAÑO ARRIBAS	239	ABM			4:47:52	INDEPENDIENTE	4:47:52	0:49:34	1:13:37	2:27:25	2:54:15	3:23:26	3:59:19
253	447	Jesus RUBIAL SAIZ	240	ABM			4:48:46	LEON CORRE	4:48:46	0:52:53	1:19:06	2:38:11	3:04:21	3:33:51	4:09:38
254	485	Susana TIMON SANCHEZ	14	ABF	4	VAF	4:48:56	SALAMANCA RAIDS & TRAILS RUNNE	4:48:56	0:52:09	1:18:50	2:35:50	3:03:19	3:32:27	4:06:39
255	321	Andres MARTINEZ ARIAS	241	ABM	60	VAM	4:49:03	INDIVIDUAL	4:49:03	0:49:46	1:15:51	2:35:20	3:01:49	3:30:52	4:07:46
256	24	Elias ALFONSO ALVAREZ	242	ABM	61	VAM	4:50:32	INDIVIDUAL	4:50:32	0:54:42	1:21:43	2:39:29	3:05:21	3:31:06	4:09:38
257	333	Borja ALONSO CORRASLES	243	ABM			4:50:45	INDIVIDUAL	4:50:45	0:48:19	1:12:09	2:32:50	3:02:11	3:29:17	4:09:11
258	111	Hugo DIAZ CAMINO	244	ABM			4:51:15	ASADOR DE ANGEL EXTREME TEAM	4:51:15	0:48:41	1:12:38	2:34:26	3:02:07	3:29:23	4:08:35
259	344	Patricia MEDINA DE JUAN	15	ABF			4:51:48	SALAMANCA RAIDS & TRAILS RUNNE	4:51:48	0:50:23	1:16:12	2:38:08	3:06:49	3:35:26	4:08:57
260	130	Javier CARTELLE CUDILLEIRO	245	ABM	62	VAM	4:52:03	BESTARRUZA TRINITY TRAIL	4:52:03	0:52:02	1:17:12	2:39:11	3:04:19	3:35:14	4:11:52
261	427	Agustin RISUEÑO MARTIN	246	ABM	63	VAM	4:52:21	JARAMUGOS Y JUMENTOS	4:52:21	0:52:27	1:18:38	2:37:35	3:04:15	3:34:35	4:10:45
262	143	Raul COLLADO ALCALA	247	ABM	64	VAM	4:52:30	TIERRA TRAGAME	4:52:30	0:52:04	1:19:16	2:36:14	3:05:44	3:34:43	4:08:58
263	225	Salvador GARCIA BARBOSA	248	ABM	65	VAM	4:52:37	LEON CORRE	4:52:37	0:52:27	1:19:04	2:38:06	3:04:54	3:33:48	4:09:44
264	406	Jose PLANA	249	ABM			4:53:06	INDIVIDUAL	4:53:06	0:38:55	1:02:29	2:21:14	2:58:40	3:31:43	4:02:58
265	405	Francisco Javier PIRIZ MATO	250	ABM			4:53:09	RAIDLIGHT TEAM	4:53:09	0:55:09	1:19:45	2:41:15	3:09:36	3:36:07	4:12:07
266	472	Cesar SERRANO RIVERO	251	ABM			4:53:50	C.D. LOS PONJALES	4:53:50	0:47:34	1:13:13	2:38:01	3:07:41	3:39:37	4:13:46
267	493	Miguel Angel VEGA ARIAS	252	ABM	66	VAM	4:55:04	ULTRASPORT-TEAM	4:55:04	0:48:12	1:12:32	2:30:52	2:58:06	3:29:11	4:06:43
268	93	Jose Antonio BARREALES PINTO	253	ABM			4:55:09	INDIVIDUAL	4:55:09	0:50:48	1:17:57	2:33:33	3:02:00	3:32:00	4:08:24
269	35	Ruben ALVAREZ MARRON	254	ABM			4:56:55	CDM ALTO SIL	4:56:55	0:50:51	1:17:49	2:39:35	3:09:29	3:41:04	4:17:24
270	70	Alberto ALVAREZ NUÑEZ	255	ABM			4:57:05	CDE RUNNERS DE BARRIO	4:57:05	0:53:37	1:18:12	2:39:15	3:07:58	3:35:59	4:14:38
271	269	Marian GUTIERREZ VAZQUEZ	16	ABF			4:57:44	TIERRA TRAGAME	4:57:44	0:46:45	1:12:24	2:28:13	2:58:00	3:31:44	4:06:45
272	152	Francisco Javier DE AGUEDA BRAVO	256	ABM	67	VAM	4:57:53	TIERRA TRAGAME	4:57:53	0:49:19	1:15:24	2:35:53	3:05:14	3:35:01	4:11:29





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Pto	Dor	NOMBRE y APELLIDOS	pº CAT	pº sCat.	Local	TIEMPO CLUB	META	Control 1	El Muro	Paramo de Sil	La Campona	La Braña	Pico Negro		
273	109	Pepe BUENAGA GARCIA	257	ABM	68	VAM	4:57:56	INDEPENDIENTE	4:57:56	0:46:24	1:12:25	2:35:32	3:09:54	3:47:05	4:16:10
274	153	Jorge DE LA HUERGA MENENDEZ	258	ABM	69	VAM	4:58:25	INDIVIDUAL	4:58:25	0:49:20	1:16:08	2:31:47	3:03:32	3:33:56	4:12:22
275	140	Adrian CAUREL SASTRE	259	ABM			4:58:31	CLUB ALPINO BERCIANO	4:58:31	0:50:19	1:15:46	2:31:54	2:59:51	3:28:46	4:09:46
276	246	Jose GARRIDO NUÑEZ	260	ABM	70	VAM	4:58:36	INDIVIDUAL	4:58:36	0:51:33	1:20:10	2:39:47	3:07:39	3:34:35	4:09:58
277	192	Jorge FERNANDEZ ARIAS	261	ABM			4:58:38	C.D. BTT LA BADANA	4:58:38	0:51:14	1:20:07	2:39:23	3:04:17	3:34:17	4:10:01
278	6	Celso ALONSO NUÑEZ	262	ABM	71	VAM	4:58:40	C.M. RIBEIRA SACRA VIA XVIII	4:58:40	0:54:29	1:21:51	2:39:28	3:07:46	3:40:15	4:05:48
279	241	Alberto GARCIA RAMOS	263	ABM			4:58:44	A.D JARNACHAS	4:58:44	0:50:38	1:16:18	2:38:15	3:09:38	3:39:01	4:15:49
280	56	Francisco J. ALVAREZ CARBALLO	264	ABM			4:58:48	INDIVIDUAL	4:58:48	0:46:57	1:10:58	2:36:36	3:02:06	3:30:11	4:09:01
281	477	Ruben Nembra SOLIS CARBAJAL	265	ABM			4:59:09	G.M. REINOASTUR_INACTIVO	4:59:09	0:48:01	1:13:02	2:30:09	2:57:00	3:25:11	4:09:00
282	496	Juan Carlos VICENTE LOPEZ	266	ABM	72	VAM	4:59:12	G.M. REINOASTUR_INACTIVO	4:59:12	0:48:03	1:13:03	2:30:07	2:57:02	3:25:11	4:08:52
283	476	David SOLIS CARBAJAL	267	ABM			4:59:16	G.M. REINOASTUR_INACTIVO	4:59:16	0:43:53	1:05:24	2:16:58	2:47:46	3:17:05	4:05:25
284	395	Gobitu PEREZ BODE	268	ABM	73	VAM	4:59:19	AVIENTU CENTENO	4:59:19	0:46:08	1:12:20	2:28:51	2:57:27	3:31:15	4:05:28
285	359	Daniel MOURIN MOURE	269	ABM			4:59:22	INDEPENDIENTE	4:59:22	0:48:38	1:12:43	2:30:56	2:58:02	3:29:42	4:11:46
286	356	Antonio MORENO MENDEZ	270	ABM	74	VAM	4:59:48	INDIVIDUAL	4:59:48	0:48:42	1:15:00	2:33:17	3:02:21	3:33:19	4:13:37
287	171	Rafa DIOS GONZALEZ	271	ABM	75	VAM	4:59:59	TANINOS	4:59:59	0:53:56	1:20:46	2:38:34	3:08:03	3:41:01	4:15:11
288	314	Jorge MACIEL ANDRES	272	ABM	76	VAM	5:00:19	CLUB MONTAÑA SERRA DO SUIDO	5:00:19	0:47:05	1:10:21	2:23:55	2:52:17	3:20:44	4:05:33
289	303	Alejandro LOPEZ ALVAREZ	273	ABM			5:00:41	AD VEGA DE ESPINAREDA	5:00:41	0:46:38	1:10:54	2:32:53	3:02:23	3:32:33	4:08:26
290	308	Marta LORENZO BARROSO	17	ABF			5:00:47	INDIVIDUAL	5:00:47	0:48:52	1:13:46	2:36:54	3:05:11	3:36:08	4:14:58
291	426	Alberto RIOBO CASTRO	274	ABM			5:01:02	BESTARRUZA TRINITY TRAIL	5:01:02	0:52:06	1:18:37	2:39:13	3:10:02	3:39:18	4:15:06
292	128	Marcos CARRILLO PATIÑO	275	ABM			5:01:11	MOUNTAIN TEAM	5:01:11	0:51:09	1:18:14	2:39:18	3:08:00	3:37:35	4:14:34
293	208	Jose FREIRE CASTRO	276	ABM			5:01:17	CLUB NAUTICO LANGOSTEIRA	5:01:17	0:47:28	1:11:31	2:25:12	2:50:54	3:22:35	4:09:04
294	448	Francisco Jose RUBIO ALVAREZ	277	ABM			5:01:22	AD VEGA DE ESPINAREDA	5:01:22	0:50:18	1:16:36	2:35:51	3:07:31	3:37:33	4:13:55
295	416	Jorge QUIROS AMIEVA	278	ABM			5:01:25	TORTUGAS TRAIL LEON	5:01:25	0:42:37	1:03:53	2:13:27	2:40:56	3:12:14	3:57:27
296	418	Pedro RAMOS CALVO	279	ABM	77	VAM	5:02:04	BIERZO TODO DEPORTE	5:02:04	0:53:01	1:20:20	2:44:17	3:14:16	3:44:02	4:19:28
297	369	Ruben NUEVO CANEDO	280	ABM			5:02:12	INDIVIDUAL	5:02:12	0:52:50	1:20:02	2:41:44	3:14:24	3:44:56	4:21:57
298	382	Rogelio PACIOS YAÑEZ	281	ABM	11	VBM	5:02:24	RUTAS DEL BIERZO	5:02:24	0:52:56	1:20:04	2:41:54	3:14:26	3:45:06	4:23:29
299	377	Ignacio OTERO COMBARRO	282	ABM	78	VAM	5:02:59	INDIVIDUAL	5:02:59	0:47:24	1:12:05	2:37:13	3:05:54	3:37:39	4:19:07
300	270	David GUTIERREZ GARCIA	283	ABM	79	VAM	5:03:02	HEMATOCRITO EL SOTO	5:03:02	0:50:39	1:16:57	2:33:27	3:02:53	3:33:14	4:11:23
301	446	Higinio Javier ROMO ESPESO	284	ABM	12	VBM	5:03:30	C.M. LA ESCALERILLA	5:03:30	0:50:43	1:19:00	2:37:03	3:07:36	3:40:26	4:14:51
302	155	Jose Manuel DE LA VILLA REQUEJO	285	ABM	13	VBM	5:03:33	INDIVIDUAL	5:03:33	0:50:44	1:17:34	2:41:03	3:11:01	3:41:55	4:20:14
303	347	Miguel Angel MERA CUEVAS	286	ABM	80	VAM	5:03:37	INDIVIDUAL	5:03:37	0:53:48	1:21:50	2:38:37	3:10:15	3:41:08	4:14:17
304	163	Francisco Javier DIAZ IBORRAS	287	ABM	81	VAM	5:04:22	AVIENTU CENTENO	5:04:22	0:52:07	1:18:22	2:37:22	3:03:04	3:36:24	4:18:13
305	357	Javier MORENO SANZ	288	ABM			5:04:23	NFOQUE RACE TEAM	5:04:23	0:49:16	1:12:46	2:31:49	3:00:38	3:28:52	4:09:40
306	293	Borja Manuel LAMAS LAGE	289	ABM			5:04:30	INDIVIDUAL	5:04:30	0:50:17	1:17:40	2:37:49	3:13:37	3:42:46	4:18:23



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Pto	Dor	NOMBRE y APELLIDOS	pº CAT	pº sCat.	Local	TIEMPO CLUB	META	Control 1	El Muro	Paramo de Sil	La Campona	La Braña	Pico Negro		
307	43	Manuel ALBA TASCÓN	290	ABM		5:05:01	C.D. BTT LA BADANA_INACTIVO	5:05:01	0:52:15	1:20:09	2:44:00	3:14:10	3:42:54	4:22:20	
308	439	Ramon RODRIGUEZ MEDINA	291	ABM		5:05:05	RACING LEON	5:05:05	0:54:37	1:22:01	2:45:20	3:14:23	3:45:32	4:21:15	
309	218	Israel GARCIA DELGADO	292	ABM		5:05:07	INDIVIDUAL	5:05:07	0:54:39	1:22:02	2:46:13	3:15:13	3:46:24	4:21:30	
310	98	Adrian BENAVIDES CABEZAS	293	ABM		5:05:12	INDIVIDUAL	5:05:12	0:43:23	1:06:34	2:23:10	2:54:30	3:24:23	4:06:28	
311	338	Celestino MATO PEON	294	ABM		5:05:15	PONTE TRAIL	5:05:15	0:55:04	1:21:34	2:47:00	3:15:28	3:44:35	4:20:24	
312	478	Isidro SOTO FERNANDEZ	295	ABM	14	VBM	5:06:12	INDIVIDUAL	5:06:12	0:47:03	1:14:34	2:34:50	3:07:27	3:40:37	4:17:45
313	392	Israel PERAL GOMEZ	296	ABM		5:06:39	INDIVIDUAL	5:06:39	0:49:10	1:15:15	2:35:28	3:02:48	3:35:09	4:13:02	
314	451	Arcadio SANCHEZ FUENTES	297	ABM	15	VBM	5:06:43	CLUB ATLETISMO BENAVENTE	5:06:43	0:47:56	1:15:26	2:41:10	3:09:11	3:40:16	4:20:09
315	112	Jose Antonio CACERES MEDINA	298	ABM	82	VAM	5:07:56	GECO RUNNERS	5:07:56	0:52:09	1:17:52	2:40:00	3:09:15	3:44:50	4:23:02
316	25	Carlos ALFONSO ALVAREZ	299	ABM	16	VBM	5:08:02	INDIVIDUAL	5:08:02	0:56:36	1:24:13	2:48:30	3:17:12	3:45:35	4:24:48
317	287	Jose Maria LAZARO NAVACERRADA	300	ABM		5:08:32	CLINICA MENORCA_INACTIVO	5:08:32	0:51:29	1:18:08	2:37:40	3:10:03	3:42:17	4:20:14	
318	14	Juan Antonio MARQUEZ MARQUEZ	301	ABM	17	VBM	5:08:35	GRUPO MONTAÑA LA FRESNEDA	5:08:35	0:55:16	1:25:39	2:48:34	3:21:12	3:50:44	4:25:20
319	412	Antonio PRADO GARCIA	302	ABM	83	VAM	5:08:37	MARATONIANOS DE LEGANES	5:08:37	0:50:29	1:17:04	2:39:33	3:09:30	3:42:38	4:19:47
320	228	Alberto GARCIA FERNANDEZ	303	ABM	84	VAM	5:08:47	AD VEGA DE ESPINAREDA	5:08:47	0:48:04	1:14:25	2:36:19	3:04:47	3:36:28	4:14:07
321	67	Ruben Manuel ALVAREZ MENENDEZ	304	ABM	85	VAM	5:11:18	AVIENTU CENTENO	5:11:18	0:47:31	1:15:56	2:59:24	3:30:23	4:00:04	4:32:13
322	96	Cesar BARRIALES	305	ABM		5:11:28	LEON CORRE	5:11:28	0:54:45	1:21:39	2:41:35	3:11:45	3:42:50	4:19:10	
323	432	Jesus RODRIGUEZ PASO	306	ABM	86	VAM	5:12:06	INDIVIDUAL	5:12:06	0:53:02	1:20:31	2:47:22	3:15:26	3:45:28	4:23:11
324	156	Ricardo DE LUCAS RODRIGUEZ	307	ABM	87	VAM	5:12:25	BANDOLEROS DE GUADARRAMA	5:12:25	0:52:58	1:20:14	2:44:27	3:14:06	3:48:17	4:24:38
325	77	Jorge ZAZO GIL	308	ABM		5:12:27	INDIVIDUAL	5:12:27	0:49:50	1:16:36	2:38:21	3:09:35	3:41:50	4:22:00	
326	27	Eliseo GONZALEZ CERNUDA	309	ABM	18	VBM	5:12:49	INDEPENDIENTE	5:12:49	0:54:41	1:20:37	2:47:53	3:16:49	3:50:01	4:29:35
327	243	Jose Ramon GARDUÑO MARTIN	310	ABM		5:13:51	INDIVIDUAL	5:13:51	0:49:02	1:16:57	2:40:12	3:10:25	3:44:07	4:23:52	
328	366	Alfredo NUÑEZ GONZALEZ	311	ABM		5:14:20	CDM ALTO SIL	5:14:20	0:51:38	1:18:32	2:46:25	3:15:38	3:47:35	4:27:24	
329	193	Rodrigo FERNANDEZ CAMACHO	312	ABM		5:14:22	INDIVIDUAL	5:14:22	0:49:07	1:15:44	2:39:20	3:10:13	3:42:47	4:27:29	
330	137	Fernando CASTRILLO CARPINTERO	313	ABM	88	VAM	5:16:54	ULTRARUN	5:16:54	0:54:23	1:22:39	2:48:28	3:20:46	3:53:00	4:29:14
331	254	Manuel GONZALEZ NOVOA	314	ABM	89	VAM	5:17:34	INDIVIDUAL	5:17:34	0:53:59	1:22:04	2:51:52	3:28:27	4:00:32	4:36:19
332	55	Eugenio MARTIN ALONSO	315	ABM	90	VAM	5:17:46	CERROMALEJO TRAIL	5:17:46	0:52:17	1:24:27	2:46:31	3:20:50	3:52:49	4:20:50
333	122	Manuel CRIADO AGUADO	316	ABM	91	VAM	5:17:48	INDIVIDUAL	5:17:48	0:54:14	1:24:28	2:46:41	3:20:53	3:52:52	4:27:31
334	253	Angel GONZALEZ MARTINEZ	317	ABM	92	VAM	5:18:04	INDIVIDUAL	5:18:04	0:52:04	1:19:31	2:47:20	3:26:20	4:03:38	4:35:14
335	66	Paloma GUTIERREZ ALGOVIA	18	ABF	5	VAF	5:18:18	CERROMALEJO TRAIL	5:18:18	0:54:12	1:24:28	2:46:40	3:21:01	3:52:50	4:27:31
336	259	Alejandro GONZALEZ BERNAL	318	ABM		5:19:16	INDIVIDUAL	5:19:16	0:53:59	1:21:16	2:43:47	3:16:15	3:47:45	4:29:52	
337	486	Francisco Javier TORRES CRESPO	319	ABM	93	VAM	5:19:49	CLUB NAUTICO LANGOSTEIRA	5:19:49	0:53:11	1:19:37	2:41:31	3:13:31	3:45:27	4:28:17
338	263	Senen GONZALEZ OTERO	320	ABM		5:20:00	INDIVIDUAL	5:20:00	0:52:25	1:19:33	2:48:03	3:15:53	3:50:43	4:30:21	
339	329	Jose MARTINEZ FERNANDEZ	321	ABM	94	VAM	5:20:05	TORTUGAS TRAIL LEON	5:20:05	0:51:31	1:18:20	2:40:46	3:14:14	3:47:19	4:30:03
340	488	Alberto TRAPERO CARPIO	322	ABM		5:20:15	TORTUGAS TRAIL LEON	5:20:15	0:51:29	1:18:19	2:40:40	3:14:12	3:47:21	4:30:26	



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Pto	Dor	NOMBRE y APELLIDOS	pº CAT	pº sCat.	Local	TIEMPO CLUB	META	Control 1	El Muro	Paramo de Sil	La Campona	La Braña	Pico Negro
341	232	Eduardo GARCIA FORTE	323	ABM		5:20:24 INDIVIDUAL	5:20:24	0:54:53	1:22:28	2:44:37	3:14:20	3:44:04	4:23:59
342	203	Ramon FIDALGO VILLARINO	324	ABM		5:20:36 INDIVIDUAL	5:20:36	0:54:48	1:22:28	2:44:33	3:14:17	3:44:12	4:23:59
343	79	Alberto ARIAS MUÑIZ	325	ABM		5:20:41 INDEPENDIENTE	5:20:41	0:54:48	1:22:30	2:44:39	3:14:19	3:44:08	4:23:57
344	242	Gonzalo GARCIA VAZQUEZ	326	ABM	95 VAM	5:20:54 INDIVIDUAL	5:20:54	0:51:12	1:18:52	2:45:48	3:16:11	3:49:50	4:31:58
345	19	Simon ALLEN	327	ABM	96 VAM	5:21:34 INDEPENDIENTE	5:21:34	0:53:37	1:19:07	2:46:47	3:16:41	3:47:27	4:34:17
346	307	Jose LOPEZ RIVAS	328	ABM	97 VAM	5:21:38 INDIVIDUAL	5:21:38	0:52:45	1:18:49	2:45:30	3:15:23	3:49:49	4:33:15
347	240	Marcos GARCIA PRADO	329	ABM	98 VAM	5:21:49 AVIENTU CENTENO	5:21:49	0:48:24	1:13:54	2:28:55	2:58:52	3:41:01	4:32:12
348	381	Adrian PEREZ DELGADO	330	ABM		5:21:51 INDIVIDUAL	5:21:51	0:46:36	1:11:56	2:36:22	3:12:17	3:42:52	4:20:28
349	414	Roberto QUINTAS FRANCO	331	ABM	19 VBM	5:22:16 INDIVIDUAL	5:22:16	0:51:09	1:18:39	2:42:17	3:14:08	3:48:17	4:30:31
350	374	Daniel ORJALES PIÑEIRO	332	ABM		5:22:20 INDIVIDUAL	5:22:20	0:50:15	1:17:41	2:39:44	3:13:35	3:42:44	4:24:33
351	394	Alberto PEREIRO GONZALEZ	333	ABM		5:22:45 INDIVIDUAL	5:22:45	0:55:58	1:27:22	3:00:06	3:33:43	4:03:31	4:39:11
352	490	Manuel VAZQUEZ SUAREZ	334	ABM		5:22:47 COUTADAS TRAIL TEAM	5:22:47	0:56:38	1:27:29	3:00:22	3:32:18	4:03:26	4:41:12
353	45	Alfredo ALCANTARA LORENZO	335	ABM	99 VAM	5:22:48 COUTADAS TRAIL TEAM	5:22:48	0:56:16	1:27:23	3:00:04	3:33:45	4:03:29	4:34:37
354	341	David MAYORAL GARCIA	336	ABM	100 VAM	5:23:14 A.D. SAMBURIEL_INACTIVO	5:23:14	0:53:02	1:24:34	2:46:19	3:17:33	3:49:34	4:28:42
355	132	Carlos CASTAÑEIRAS FOLGUERAL	337	ABM	20 VBM	5:23:34 RUTAS DEL BIERZO	5:23:34	0:55:53	1:24:36	2:55:38	3:26:37	3:58:56	4:36:58
356	413	Manuel PUGA LOPEZ	338	ABM	101 VAM	5:25:03 INDIVIDUAL	5:25:03	0:48:15	1:12:52	2:33:16	3:16:07	3:44:11	4:23:17
357	46	Diego ALONSO ASTORGA	339	ABM		5:25:37 INTELLIGENT INTERVAL	5:25:37	0:51:24	1:20:52	2:52:08	3:24:05	3:57:27	4:35:49
358	167	Jaime DIEZ AREAN	340	ABM	102 VAM	5:25:40 INDEPENDIENTE	5:25:40	0:51:26	1:21:05	2:52:09	3:23:56	3:57:32	4:38:01
359	470	Victor SARMIENTO JUAN	341	ABM	103 VAM	5:25:41 TELENO TRAIL	5:25:41	0:52:12	1:21:06	2:52:06	3:24:04	3:57:35	4:38:25
360	51	Jairo ALONSO ORTIZ	342	ABM		5:26:08 LEON CORRE	5:26:08	0:52:55	1:20:42	2:47:24	3:22:08	3:56:08	4:28:38
361	48	Enoc ALONSO FERNANDEZ	343	ABM		5:26:26 INTELLIGENT INTERVAL	5:26:26	0:51:23	1:20:53	2:52:02	3:23:58	3:57:33	4:35:43
362	290	Fernando LOPEZ MORENO	344	ABM	104 VAM	5:27:12 INDIVIDUAL	5:27:12	0:58:05	1:28:45	2:58:00	3:30:08	4:04:41	4:42:55
363	431	Irene RODRIGUEZ BLANCO	19	ABF		5:27:22 INDEPENDIENTE	5:27:22	0:57:55	1:27:27	2:55:04	3:31:21	4:03:07	4:40:11
364	119	Francisco Javier CALVIÑO BLANCO	345	ABM		5:30:20 INDIVIDUAL	5:30:20	0:56:07	1:27:37	2:57:03	3:30:12	4:03:15	4:43:40
365	61	Ruben ALVAREZ GONZALEZ	346	ABM		5:30:57 CLUB MARATON BENAVIDES	5:30:57	0:57:15	1:24:08	2:51:41	3:27:56	4:03:03	4:40:30
366	185	Adolfo FERNANDEZ DOCASAR	347	ABM	105 VAM	5:31:15 RUNNING SPORT TRAIL	5:31:15	0:57:16	1:27:26	2:58:38	3:32:13	4:06:43	4:45:17
367	159	Alfredo DELGADO GUERRA	348	ABM		5:31:32 CLUBMONFIL	5:31:32	0:50:35	1:16:56	2:45:22	3:21:16	3:57:16	4:38:30
368	223	Francisco GARCIA VEIRA	349	ABM		5:31:59 AD JARNACHAS	5:31:59	0:53:53	1:24:52	2:55:00	3:29:30	4:06:45	4:43:04
369	102	Juan Luis BLANCO RAMOS	350	ABM	106 VAM	5:32:05 CULMEN	5:32:05	0:53:54	1:23:56	2:51:57	3:28:47	4:03:01	4:46:42
370	334	Miguel MARTINEZ SOBERON	351	ABM	107 VAM	5:33:49 SOCIEDAD DEPORTIVA TORRELAVEGA	5:33:49	0:55:45	1:25:27	2:57:29	3:33:56	4:08:24	4:48:15
371	299	Crestencio LINARES MIRANDA	352	ABM	108 VAM	5:34:08 AD VEGA DE ESPINAREDA	5:34:08	0:47:02	1:13:33	2:36:47	3:21:59	4:06:13	4:42:55
372	415	Manuel QUIROGA GALLEGO	353	ABM		5:34:16 AD VEGA DE ESPINAREDA	5:34:16	0:46:24	1:11:33	2:36:27	3:22:03	4:06:20	4:42:58
373	108	Andres BREZMES DE LEON	354	ABM	109 VAM	5:34:19 INDIVIDUAL	5:34:19	0:54:54	1:25:28	2:53:49	3:27:32	4:00:30	4:41:54
374	251	Victor Antonio GOMEZ FERNANDEZ	355	ABM		5:34:37 TIERRA TRAGAME	5:34:37	0:52:01	1:20:50	2:47:33	3:23:37	4:00:57	4:41:41



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Pto	Dor	NOMBRE y APELLIDOS	pº CAT	pº sCat.	Local	TIEMPO CLUB	META	Control 1	El Muro	Paramo de Sil	La Campona	La Braña	Pico Negro		
375	322	Abraham MARTINEZ CASTELLANO	356	ABM		5:34:41	INDIVIDUAL	5:34:41	0:53:47	1:22:27	2:52:21	3:26:22	4:01:12	4:45:13	
376	285	Gonzalo LOPEZ GARCIA	357	ABM		5:35:24	LAS ROZUELAS	5:35:24	0:56:57	1:27:54	2:54:03	3:27:52	4:03:21	4:44:21	
377	144	Pablo CONDE-SALAZAR DIAZ	358	ABM		5:35:26	INDIVIDUAL	5:35:26							
378	387	J. Avelino PARDO GOMEZ	359	ABM	110	VAM	5:35:35	EL ARRIERO MARAGATO TELENO	5:35:35	0:53:52	1:22:25	2:54:07	3:23:05	3:56:50	4:42:34
379	82	Jose Luis ARROYO VIDAL	360	ABM	111	VAM	5:35:37	EL ARRIERO MARAGATO TELENO	5:35:37	0:53:45	1:22:26	2:54:10	3:23:08	3:56:51	4:42:35
380	461	Dalmacio SANTAMARTA CABALLERO	361	ABM	21	VBM	5:37:15	G.M. YORDAS	5:37:15	0:52:03	1:19:26	2:47:18	3:26:16	4:03:18	4:42:44
381	457	Felipe SANCHEZ DOMINGUEZ	362	ABM		5:38:32	INDIVIDUAL	5:38:32	0:53:00	1:23:26	2:53:23	3:28:55	4:04:14	4:43:42	
382	458	Ruth SANCHEZ ESCUADRA	20	ABF		5:41:54	INDIVIDUAL	5:41:54	1:00:06	1:28:17	3:05:27	3:38:06	4:17:53	4:59:04	
383	41	Margarita AGUIN TRELLES	21	ABF	6	VAF	5:42:32	ATLETISMO RIA DE AROUSA	5:42:32	0:55:31	1:23:56	2:57:37	3:28:46	4:06:41	4:50:47
384	162	Eduardo DIAZ FERNANDEZ	363	ABM		5:43:38	INDIVIDUAL	5:43:38	0:52:12	1:24:12	3:05:53	3:40:56	4:17:57	4:55:04	
385	38	Luis Angel ALVAREZ PASTOR	364	ABM		5:44:12	LAUDIO MENDI TRAIL TALDEA	5:44:12	0:53:39	1:24:56	2:57:57	3:32:11	4:10:21	4:51:25	
386	92	Oscar BARDON BARDON	365	ABM		5:44:20	INDIVIDUAL	5:44:20	0:49:34	1:16:08	2:43:42	3:24:56	4:05:01	4:48:27	
387	249	Jorge GIL PANIZO	366	ABM	112	VAM	5:44:51	TRAILXTREM RACE TEAM	5:44:51	0:49:29	1:15:40	2:39:41	3:10:00	3:42:13	4:49:23
388	89	Gaizka BROULLON ROZAS	367	ABM		5:45:17	TRIATLON KERKUS	5:45:17	1:11:13	1:42:31	3:34:51	4:06:48	4:34:13	5:07:25	
389	215	Balbino GOMEZ OVIEDO	368	ABM	113	VAM	5:48:28	C.D. MONTAÑEROS VALLISOLETANOS	5:48:28	0:56:40	1:28:10	2:55:14	3:35:56	4:14:01	4:57:39
390	315	Manuel MARAN SANCHEZ	369	ABM	114	VAM	5:51:54	AD JARNACHAS	5:51:54	0:54:32	1:24:52	2:54:50	3:29:36	4:10:46	4:52:54
391	436	Antonio RODRIGUEZ ALVAREZ	370	ABM		5:51:58	SAN PEDRO DE LOS ARCOS	5:51:58	0:58:03	1:28:09	3:00:17	3:35:58	4:14:01	4:58:08	
392	304	Jose LOPEZ GARCIA	371	ABM	115	VAM	5:55:37	TROTADAS BARCO	5:55:37	0:58:06	1:29:53	3:01:44	3:39:28	4:17:28	4:58:30
393	136	Jose Maria CASTILLA RODRIGUEZ	372	ABM	22	VBM	5:56:40	INDIVIDUAL	5:56:40	0:56:26	1:26:46	2:58:06	3:38:04	4:17:08	4:58:43